

Holiday Park Multiservice Senior Center

3950 Ferrara Drive, Wheaton, MD 20906



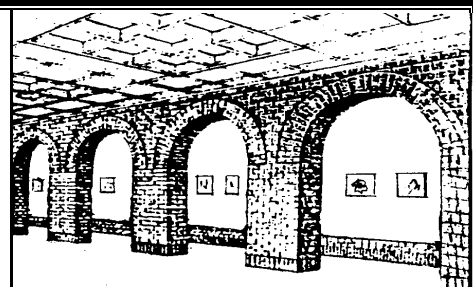
Hi-Lites

240-777-4999

CENTER HOURS

M-F 9:00 a.m. - 4:00 p.m.
w/weekend and evening
Special Events Programs

DEPARTMENT OF RECREATION
SENIOR ADULT PROGRAMS



**Come to Holiday Park...
Add Life To Your Years**

Volume XXVI No. 2

DECEMBER 2006

Get Decked Out with Us...



CENTER CLOSED:

December 25 and January 1
and for Center Maintenance:
January 2 thru 5

THE SPIRIT OF MUSIC & DANCE

- ♫ Dale Jarrett..... Thurs., Dec. 7
- ♫ Deena Javor Wed., Dec. 13
- ♫ Holiday Party with Mike Surratt ... Thurs., Dec. 21
- ♫ Karen Devitt Wed., Dec. 27

DANCE CLUB FRIDAY

December 8, 15

& a New Year's Special Dec. 29

(See 1:15 p.m. & Special Programs)

AGING WELL

♥ **COMMUNICATING WITH OUR ADULT CHILDREN**

Tuesday, December 5

Sponsored by CCAS

♥ **MEDICARE 2007**

Wednesday, December 6

Sponsored by SHIP

♥ **CARDIAC SURGERY What's the Latest?**

Monday, December 11

Sponsored by Suburban Hospital

♥ **BONE & NUTRITION HEALTH**

Wednesday, December 14

Sponsored by the Senior Nutrition Program

(See 1:15 & Special Programs)

LECTURES & LEARNING



THE NEW CIA

Tuesday, December 19, 1:15 p.m.

Dr. Mel Goodman,

Senior Fellow

Center for International Policy

(See 1:15 p.m. & Special Programs)

DECEMBER SATURDAY MINI-TRIP

Place: National Press Club

Date: Saturday, December 16

Time: 10:00 JCA bus from Holiday Park

Cost: Tour, Lunch & Lecture,

& Holiday Park door to door = \$29.00

Meet us at the Press Club – Cost \$17.00

(Sign-up begins Dec. 1, space limited. See Special Programs)

JANUARY 2007 START-UP CLASSES

A Fitness Center and 36 Exercise Classes for Every Interest:

- ♦Weight Training, ♦Bone Building, ♦Aerobics, ♦Yoga,
- ♦Stability Ball, PACE, ♦Slimnastics, ♦Easy Fit & Chair,
- ♦Line Dancing, ♦Folk Dancing, or ♦Squares and Circles

For fun take a holiday workshop in Origami,
try Watercolor or Chinese Brush Painting or start with
Computer Classes, a Writing Workshop or a Language Class.

Sign-up in December

(See 1:15 p.m. & Special Programs)

**The contents of this newsletter
can be found on-line at our
easy-access site:**



NOVEMBER 2006 LECTURES, LEARNING and... *Some Things Light*



All programs begin at 1:15 and are free unless stated otherwise.

Space is limited for some programs and seating is not always guaranteed.

*A fee and/or **Registration is associated with this program. HPSI membership may support this program.

Speakers and programs are provided for informational purposes and do not constitute endorsement by Montgomery County Government.

- *BINGO** - Fun w/ Nutrition Site Manager Helen Horton & volunteers..... **Friday, December 1**
\$1.00 fee for two cards. This month's prizes feature cereals, soups, holiday gifts and paper goods.
- GREECE** - Part two of a travelogue by Roger Lansdorf..... **Monday, December 4**
With just too many places to cover, Roger continues his slide travelogue on the birthplace of western civilization. Pictures span three different visits to Greece, most recently in 2005. Some of the places we still have to see are Corfu, Ithaca, Santorini, and Crete.
- COMMUNICATING WITH OUR ADULT CHILDREN** - Lois Reinstein, LCSW-C **Tuesday, December 5**
Why does it seem that whatever we say to our adult children, there is either an argument or a dismissal of its importance? Do you feel out of the "loop?" Learn some ways to make visits meaningful and the times when we need their support better. Work at identifying both our own and our children's preoccupations, interests and topics of conversation. A CCAS program.
- MEDICARE 2007: How to Maximize Your Benefits!** - Leta Blank for SHIP **Wednesday, December 6**
Leta Blank, the manager of the Senior Health Insurance Program, will update us on the latest changes in Prescription Drug Plans, which plans will change fees, and who might expect to get caught in the "donut hole."
- DALE JARRETT'S NEW RECORDING: BY REQUEST**- FEE: \$1.00 at the door. **Thursday, December 7**
Dale introduces his new tape/DVD recording here at Holiday Park. Along with several new songs, Dale will sing many of his familiar favorites. He will also acknowledge Pearl Harbor Remembrance Day with some patriotic music.
- *DANCE CLUB FRIDAY** - FEE: \$4.00 at the door, \$3.00 w/ HPSI card. Music by Mike Surratt.. **Friday, December 8 1:15-3:15 p.m.**
Mike turns some holiday music into great dance music. Light refreshments are served at break. Newcomers and singles are welcome.
- CARDIAC SURGERY: What's the Latest?** - Sponsored by the NIH at Suburban Hospital..... **Monday, December 11**
Dr. Horvath, Director of the new NIH Heart Center at Suburban Hospital, will address a variety of conditions - coronary artery disease, valve replacement and congestive heart failure - that benefit from surgical intervention. He will talk about recent research and the latest treatments.
- SOLUTIONS TO STAYING INDEPENDENT** - Sponsored by the Prevention of Blindness. **Tuesday, December 12**
Guest speaker Joan Pease, the President of *Partners in Planning* will discuss how we can function more effectively in our own home or in the many assisted living communities available with greater security, safety, comfort and convenience.
- DEENA JAVOR SINGS HOLIDAY FAVORITES** - FREE. **Wednesday, December 13**
Lots of good music celebrating the season. Deena will sing both Chanukah and Christmas songs.
- BONE AND NUTRITION HEALTH** - Melanie R. Polk, RD, FADA, Sr. Nutrition Prog. Mngr..... **Thursday, December 14**
We all lose bone as we get older. We all need to maintain good bone health. Nutritionist Melanie Polk will discuss the most current findings and nutritional recommendations. She will also allow time for all your nutrition questions.
- *DANCE CLUB FRIDAY** - FEE: \$4.00 at the door, \$3.00 w/ HPSI card..... **Friday, December 15 1:15-3:15 p.m.**
Music by Mark Hannak. Mark is a singer/keyboard performer who uses some pre-recorded music so he can take time to get on the dance floor himself. Refreshments are served at the break.
- OPERA WITH IRV'S SALUTE TO MOZART** - A DVD presentation with Irv Nurik **Monday, December 18**
Excerpts from many of the best Wolfgang Amadeus Mozart operas to honor his 250th anniversary. We will hear some of the best aria performances from *Women Are Like That*, *Marriage of Figaro*, *The Magic Flute* and *Don Giovanni*.

NOVEMBER 2006 LECTURES, LEARNING and... *Some Things Light*



THE NEW CIA - Mel Goodman, Senior Fellow at the Center for International Policy
Recent intelligence failures include the 9/11 terrorist attacks and the justification for the Iraq War. Dr. Mel Goodman, foreign affairs expert, will examine the reforms and changes at the CIA and further discuss whether the errors of the intelligence community have been corrected. He will discuss if and to what extent our national intelligence and administration failed to accept, interpret or just ignore threats of weapons of mass destruction and security issues. Special attention will be given to the new Office of the Director of National Intelligence and the 9/11 Commission.

**Tuesday,
December 19**

GETTING YOUR WORRIES UNDER CONTROL - Sponsored by Holy Cross Hospital.....
Santa Molina teaches stress and "worry management" classes for Holy Cross Hospital. There sure is a great deal to worry about and most of us top our list with our own health, family issues, and long lists of things that need to be taken care of at home, not to mention world news. Ms. Molina will suggest strategies to help put order in your worries, places that might help solve some of your problems and exercises to reduce the stress.

**Wednesday,
December 20**

HOLIDAY PARTY with MIKE SURRATT - Celebrate the holidays with us!
Holiday music and refreshments. FREE.

**Thursday,
December 21**

THE KINGFISHER - A delightful 1982 comedy starring Rex Harrison.....
Celebrated author Sir Cecil Warburton (Rex Harrison) is thrilled to read the obituary of an old rival, the dull and respectable man who married Lady Evelyn (Wendy Hiller), the lovely girl he remembers from fifty years ago and whom he should have married himself. Looking for female companionship and wanting another chance to share life's experiences, Sir Cecil sets out to woo Evelyn with the help of his devoted butler.

**Friday,
December 22
1:15-2:30 p.m.**

CHRISTMAS HOLIDAY, Center ClosedMonday,

December 25

DEAR FRANKIE - A 2004 DVD movie
This beautiful, touching & humorous film was a winner at several film festivals. It is the story of Lizzie, a single "mum," and her nine-year-old son Frankie, who have been on the move for as long as Frankie can remember. Wanting to protect her deaf son from the truth that they have run away from his father, Lizzie has written make-believe letters from his father that tell of adventures in exotic lands. The son has tracked the progress of his father's ship around the globe and discovers it will soon dock in the Scottish town where he and his mother now live. Lizzie must choose between telling the truth or finding the perfect stranger to play Frankie's father.

**Tuesday,
December 26
1:15-2:55 p.m.**

KAREN DEVITT SINGS THE SONGS OF LERNER AND LOEWE - FREE.
The collaborative musical work of Alan Jay Lerner, the playwright, and Frederick Loewe, the composer, dominated the Broadway stage and American musical theater from 1947 into the 1960s. Ms. Devitt will sing favorites from their musicals - Brigadoon, My Fair Lady, Paint Your Wagon, and Camelot which are still popular today.

**Wednesday,
December 27**

QUEEN MARY 2 TO RIO - A DVD travelogue aboard the cruise ship that set sail in 2004
Just as a few Holiday Park regulars return from a trip on the Queen Mary, those of us who may never experience this luxurious ocean liner will join 2,600 Rio-bound passengers aboard the Queen Mary 2 by way of DVD. From Ft. Lauderdale to Brazil we will catch glimpses of the on-board elegance and the stunning views of St. Thomas and Salvador, Brazil, with a few closer looks at the fashionable Copacabana and the beaches of Ipanema.

**Thursday,
December 28**

***DANCE CLUB FRIDAY** - FEE: \$4.00 at the door, \$2.00 w/ HPSI card.....
Music by the John Brown Band. Happy New Year celebration with special refreshments. Singles are welcome.

**Friday,
December 29
1:15-3:15 p.m.**



SPECIAL PROGRAMS

HEALTH & WELLNESS

December/January 07 HEALTH LECTURES AND SEMINARS

PREVENTING FINANCIAL ABUSE

Financial abuse of the elderly is the misuse of an older adult's money or belongings by a "con artist," a person in a position of trust (such as an attorney or financial agent) or a relative. Examples include: stealing money or personal belongings, forcing or tricking a person out of their money or possessions, forging a signature on checks or legal papers (such as a will). Financial abuse is also not allowing a person to use their money to buy needed clothes or equipment or forcing them to share their home without payment. Many people, not just older adults, should be extra careful during the holiday season, and watchful of scams and theft.

Older adults may feel afraid or embarrassed to admit financial abuse, especially if they have been the subject of a scam. To prevent financial abuse here are some very simple guidelines: stay in touch with trusted friends or family; keep track of bank accounts, belongings and property; keep your money in the bank, not your home; use direct deposit; before signing any legal papers, understand what you are signing or ask a trusted person to review them with you; do not give out your credit card information to people who call you; and seek help through County Aging and Disability Services, the police or a spiritual advisor you can trust.

Programs begin at 1:15 unless noted otherwise

♥ COMMUNICATING WITH OUR ADULT CHILDREN

Tuesday, December 5

Sponsored by CCAS

♥ MEDICARE 2007:

**How To Maximize Your Benefits
& What Changes Can You Expect?**

Wednesday, December 6

Leta Blank, SHIP

♥ CARDIAC SURGERY: What's the Latest?

Monday, December 11

Dr. Horvath, Director

NIH Cardiac Care Center at Suburban Hospital

♥ SOLUTIONS TO STAYING INDEPENDENT

Tuesday, December 12

Jean Pease for the Prevention of Blindness Society

♥ NUTRITION AND BONE HEALTH

Thursday, December 14

Melannie Polk, MMSc, RD, FADA

Senior Program Manager, Senior Nutrition Program

♥ GETTING YOUR WORRIES UNDER CONTROL

Wednesday, December 20

Santa Molina for Holy Cross Hospital

♥ OUR AGING EYES

Tuesday, January 23

Dr. Michael Grodin

Co-Sponsored by Suburban Hospital &
The Prevention of Blindness Society

HEARTWELL: PREVENTIVE CARE AND MANAGING DISEASE

Heartwell is a partnership of Suburban Hospital and Montgomery County Senior Programs.

The Heartwell program provides support and education to individuals with cardiovascular disease. The hospital sponsors a cardiovascular care nurse and wellness lectures at Holiday Park. Anna Stokes is our Tuesday-through-Thursday Heartwell Nurse. Heartwell nurses are available for consultation and to communicate with doctors when there are concerns about symptoms or medications. For more information, call 301-468-4448 x 3027.

EXERCISE EQUIPMENT TRAININGS

Holiday Park's fitness room has two treadmills, four elliptical cross-training machines, stationary bikes and a number of complimentary strength training machines. Everyone should consult his or her physician before beginning an exercise program. Exercise shoes are mandatory to use the fitness machines. Anyone unfamiliar with the equipment should sign up for a FREE "how-to- use" equipment training session. Sign-up sheets for scheduled equipment use trainings are posted on the fitness center door.

Certified personal trainer JoAnne Zoladz is also available on a **private pay basis** to assess individual needs, to recommend personal workouts with weight equipment, and to advise on health benefits. Half-hour sessions cost \$36.00 (\$30.00 w/HPSI card) and can be shared between two participants. Register at our customer service desk or speak with JoAnne when she is here on Wednesdays and Fridays to make appointments.

SPECIAL PROGRAMS

LECTURES, LEARNING & CIVIC ENGAGEMENT



REALISM IN THE AMERICAN NOVEL

Diane B. Rowland, Ph.D. Retired University of Maryland Professor of English Literature

This series began with one lecture in October and has three more once a month reading and discussion programs.

Class dates: **Dec. 18, Jan. 22 & Feb. 26, from 10:00-12:00** Class FEE: **\$10.00 per class.**

During the latter part of the 19th century and well into the 20th, the triumph of industrialism and the resulting importance of Big Business stimulated writers to explore the role of money, class, and place (that is, geographic setting) in determining peoples' destinies and making significant changes in American society. The novels of this time emphasized the everyday occurrences in the lives of ordinary men and women, rather than the adventures of heroic figures. The three remaining American novels to be reviewed are: *The Custom of the Country* (1913) by Edith Wharton, *Babbitt* (1922) by Sinclair Lewis & *An American Tragedy* (1925) by Theodore Dreiser.

MEL GOODMAN ON *THE NEW CIA*

Tuesday, December 19, 1:15 p.m.

Dr. Mel Goodman is a nationally known Senior Fellow at the Center for International Policy in Washington, D.C. He is the author of *What is to be Done with the CIA? A History of Flawed Intelligence*. The mission of the Center for International Policy is to promote a U.S. foreign policy based on international cooperation, demilitarization and respect for basic human rights. The center was founded in 1975 by a mix of leaders, diplomats and peace activists, from both inside the government and those outside who wanted to impact government. Through the 1990s the Center has played a vital role through a number of citizen's initiatives to reform the nation's intelligence agencies.

Intelligence failures include the 9/11 terrorist attacks and the justification for the Iraq War. Dr. Mel Goodman, foreign affairs expert, will examine the reforms and changes at the CIA and further discuss whether the errors of the intelligence community have been corrected. Special attention will be given to the new Office of the Director of National Intelligence, the flaws of the recommendations of the 9/11 Commission and what we might expect from new Congressional leadership.

DANCE CLUB FRIDAY & MUSICAL PERFORMANCES

DANCE CLUB FRIDAY

Holiday Park Tea Dances are sponsored by HPSI . Dances are from 1:15 - 3:15 p.m.

The fee is **\$4.00** unless stated otherwise.

Light refreshments are served during a short break.

December dance dates are: **Fridays, December 8, 15 & 29**

January dance dates are: **Fridays, January 12 & 26**

MUSICAL PERFORMANCES

Eighty (80) percent of Holiday Park's musical entertainment is supported by HPSI (*Holiday Park Seniors, Inc.*), with additional support from MCRD (*Montgomery County Department of Recreation*) or community grants. Performances are at **1:15 p.m.** unless stated otherwise.

DECEMBER MUSICAL PROGRAMS INCLUDE:

♪ **Dale Jarrett** with songs from his new album - *By Request* on Thursday, December 7. FEE: \$1.00 at the door.

♪ **Deena Javor** on Wednesday, December 13. FREE.

♪ **Mike Surratt** for our Holiday Party on Thursday, December 21. FREE.

♪ & **Karen Devitt** on Wednesday, December 27 FREE.

Happy New Year!



SPECIAL PROGRAMS

DECEMBER HOLIDAY SPECIAL - SATURDAY MINI-TRIP

Place: National Press Club

Date: Saturday, December 16. Sign-up begins December 1.

Time: 10:00 JCA bus from Holiday Park. Return approximately 2:00-2:15 p.m.

The tour part of this trip requires walking or standing as the tour guide addresses the Club's history.

Cost: Tour, Lunch & Lecture with Holiday Park door to door = \$29.00 (Space limited)

Meet us at the Press Club for tour, lunch & lecture. Cost = \$17.00 (Space limited)

Where is the National Press Club and WHY have a tour and luncheon? The National Press Club is on the 13th floor of the historic National Press Building, next to the Marriott Hotel and across from the Willard Hotel (14th Street & F) in Washington, DC. The tour provides a wonderful opportunity for people to walk through the "halls of journalistic history." The National Press Club has been a gathering place for thousands of journalists, newsmakers and dignitaries since 1908, AND it is the oldest professional and social media organization in the United States.

Our tour will be conducted by Elliot Ryan, long time National Press Club host (with stories galore). This tour includes a walk through the National Press Club Awards Corridor, the Truman Lounge, where you can see the famous piano on which Vice President Harry Truman played the piano with young starlet Lauren Bacall perched above him, plus the original painting by Norman Rockwell: "Norman Rockwell Visits a Country Editor." Of course, we will see the ballroom where luncheons have been held since 1932, hosting about 70 prestigious speakers each year.

Lunch - when you sign-up you must select from the luncheon choices:

- | | |
|-----------------------------------|-------------------------------------|
| ❶ National Press Club Turkey Club | ❷ Smoked Salmon on Water Bagel |
| ❸ Alfred Packer Sirloin Burger | ❹ Caesar Salad cheese and croutons. |

Hot and cold tea or coffee will be served.



TRANSPORTATION INFORMATION



ACCESSIBLE PARKING APPLICATIONS FOR PEOPLE WITH DISABILITIES - Avail. at the Customer Service Counter.


BUS TOKENS - If you are income eligible, you may receive tokens to take the Ride-On or Metro Bus **to & from Holiday Park only**. If you are on Medicaid, eligible for Surplus Food, or have a financial problem and feel you need tokens, speak to the staff. Tokens are issued from 9 a.m.-1:15 p.m.

CALL - N - RIDE - This County program offers subsidized taxi trips for low income seniors who may purchase up to two monthly \$50.00 value coupon books at a reduced rate based on income. Individuals with income up to \$20,000 per year are eligible. Call **301-948-5409** for more info. and/or to have an application mailed to you.

CONNECT-A-RIDE - 301-738-3252 Monday thru Friday, 9:00 a.m. - 3:00 p.m. Free information, referrals, and linkage to available rides for Montgomery County residents.

SENIOR CONNECTION - 301-962-0820 - Provides services to Montgomery County residents 62 and older. Volunteers help with transportation, errands, and home visits.

METRO ACCESS provides curb-to-curb service for persons with disabilities who cannot use regular public transportation and have been certified eligible. A guide to Metro Access and applications will be sent to you by calling **301-562-5360**.

 - 9:30 am to 3:00 pm, Monday thru Friday. Seniors & people with disabilities. Seniors must be 65 years and older and have a valid Metro Senior ID card or Medicare card with photo ID. Persons with disabilities must have a Metro Disabled ID card. **Applications are available at the Holiday Park Customer Service Counter.**

TRANSPORTATION TO HOLIDAY PARK

There is limited transportation available. If you or someone you know needs transportation to Holiday Park, leave your name, address, & phone number at the Customer Service Counter and you will be notified when your application has been processed. The para-transit bus serves specific communities generally within a 2 - 3 mile radius of Holiday Park.

CENTER AND COMMUNITY ANNOUNCEMENTS

ANNOUNCING SCARVES FOR SENIORS 2006

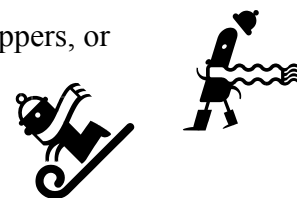
In partnership with GROWS (Grassroots Organization For The Wellbeing Of Seniors) and Montgomery County Housing Opportunities Commission.

All donated clothing items will be distributed, during the month of December to senior adults living in the county's subsidized housing programs...some of our county's most vulnerable seniors.

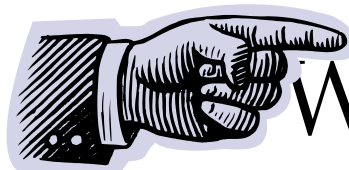
You can help! You can make a difference! It's so easy!

1. **PURCHASE** a new pair of gloves, mittens, a hat, scarf, pack of warm socks, slippers, or lap blanket suitable for an older adult.
2. **WRAP** your gift(s) in holiday paper.
3. **LABEL** your gift(s) – indicate whether for a man, woman or unisex.
4. **PLACE** your wrapped gift in one of the gift boxes in the Holiday Park lobby.

Please help and many thanks!



HOLIDAY PARK NOTES & NEEDS...



We Need You!

- Have a little spare time?
- Want to help out at a terrific grand place?
- Desire to interact with many interesting people?
- Like to make new contacts?

Well, Then, Have We Got An Opportunity For You!

Come Volunteer at Holiday Park, Montgomery County's Flagship Older Adult Program

- _ In Our Gift Shop
- _ At Our Snack Shop
- _ At The Customer Service Desk
- _ In Our Dining Program
- _ As A Lecturer or Teacher
- _ And In All The Ways That Make Holiday Park Tick, Tick, Tick

Call Carol or Helen at 301-468-4449 or leave your name at the Customer Service Desk. You'll be happy you did!



Holiday Park Celebrates and Commemorates Twenty-Five Glorious Years



Note: Hundreds joined in celebrating 25 years of this flagship senior center's service to Montgomery County's older adults. Share comments of staff that were presented on November 3, at the kickoff anniversary event.

"This is an old building, there's nothing fancy here. The building was built in the 1950's as an elementary school. And in the late 1970's, it was closed because of diminishing enrollment in the school system and then...(wala!) the building took on a whole other life – With the support of Montgomery County and monies that were then available through the Federal Government – the building was reincarnated as a center for older adults and the rest is history! This building and the programs, services and special events that happen here have earned us state and national reputation. We have so much to be proud of at Holiday Park. So much of ourselves make these bricks and mortar a place we are so fond of!"

CLASSES – DECEMBER 2006 / JANUARY 2007

HOLIDAY PARK SENIORS, INC. (HPSI) SPONSORED CLASSES

REGISTRATION & PAYMENT POLICY - Registration begins the first of each month unless otherwise noted. All refund requests must be made in writing. Class refunds requested at least three working days prior to the first class will be refunded at 100% of the fee. Classes that are joined late are not prorated. You may register yourself and one other person for each class. HPSI-sponsored classes have two fees listed: one for HPSI members & one for non-members. You must show your HPSI membership card to qualify for the lower HPSI class fee.

Please note: Holiday Park is closed January 1 - 5 for winter maintenance.

FITNESS & DANCE CLASSES

• **REGISTRATION REQUIRED**

- o **AS EASY AS ABC'S ... Exercise Class** - Agility, balance, and coordination will all be improved through a variety of weight training (using 2-3 lb weights-bring your own) and mat/stability exercises that encompass all of the major muscle groups in the body. With an emphasis on proper form & technique, the class will focus on exercises that increase muscular strength and endurance, as well as balance, range of motion, and bone density. The class is funded in part by the **Suburban Hospital Heartwell Program & HPSI**. Taught by Matthew Rundell. Fee for 10 sessions: \$15.00 w/HPSI Card, \$20.00 w/o Card.
 - Advance I:** Begins **Wed., Jan. 10** from **9:30-10:30**.
 - Advance II:** Begins **Fri., Jan. 12** from **10:00-11:00**.
 - Beginners:** Begins **Fri., Jan. 12** from **11:00-noon**.
- o **BONE BUILDING WORKOUT** - This class concentrates on toning, strengthening, and stretching the major muscle groups while sitting, standing, or on a mat. Bring hand weights (2-5 lbs.) and mats. Dyna-bands or elastic tubing (provided by instructor) are used. Fee for 11 sessions is \$30.00 w/HPSI Card, \$36.00 w/o card. Taught by Joanne Zoladz.
 - SEC. I** - Begins **Wed., Jan. 10** from **11:15-12:15**.
 - SEC. II** - Begins **Fri., Jan. 12** from **10:00-11:00**.
- o **ENERGIZING EXERCISE** - Low-to-moderate intensity aerobic workout designed to strengthen and tone muscles, promote flexibility, and improve posture. Bring mats and weights. Fee for 11 sessions: \$30.00 w/HPSI Card, \$36.00 w/o. Taught by Joanne Zoladz.
 - SEC. I:** Begins **Wed., Jan. 10** from **10:00-11:00**.
 - SEC. II:** Begins **Fri., Jan. 12** from **11:30-12:30**.
- o **LINE DANCE W/LYNN** - Choose from a variety of skill levels and learn some great dance steps - and get exercise too! *(Please talk to instructor Lynn Osborne if you are registering for an intermediate or advanced class and have not been in one of her classes before.)* Fee for eight 1-hour sessions (weeks): \$24.00. For eight 1½-hour sessions (weeks): \$32.00. Add \$5.00 w/o HPSI Card. Existing students given priority at registration.
 - BEGINNERS** - Begins **Mon., Jan. 8** from **1:30-2:30**. 8 weeks.
 - ADV. BEGINNER** - Begins **Mon., Jan. 8** from **3:30-4:30**. 8 weeks.
 - ADV. BEGINNER PLUS** - Begins **Wed., Jan. 10** from **1:00-2:00**. 8 weeks.
 - INTERMEDIATE:**
 - SECTION I** - Begins **Mon., Jan. 8** from **2:30-3:30**. 8 weeks.
 - SECTION II** - Begins **Tues., Jan. 9** from **2:30-3:30**. 8 weeks.
 - ADVANCED** - Begins **Thurs. Jan. 11** from **10:00-11:30**. 8 (1½-hr) sessions.
- o **PACE (People w/Arthritis Can Exercise)** - PACE is a low-impact exercise program designed for older adults with limited joint flexibility, range of motion, and muscle strength. Fee for 8 sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Shirley Lloyd. Begins **Thurs., Dec. 7** from **11:00-Noon**.
- o **SLIMNASTICS** - This energized aerobic workout will focus on building strength, stamina and flexibility to keep you moving. It will be a combination of standing and mat work. There will also be a segment for abs and back included. Bands will be provided. You must bring a mat and your own weights. Fee for 8 sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Shirley Lloyd. Begins **Mon., Dec. 11** from **10:30-11:30**.

CLASSES – DECEMBER 2006 / JANUARY 2007

- o **SQUARES, CIRCLES & CONTRA LINES** – These forms of American folk dancing provide easy aerobic fitness, gait and balance and brain exercise and a fun way to meet new people. Contra dancing includes the same basic moves as square dancing. Most of the steps are a simple walk to the music. The caller helps everyone through the steps before the music starts and prompts the dancers during the dance. No partner or experience required – everyone is welcome! Fee for 10 sessions meeting once per week: \$30.00 w/HPSI Card, \$36.00 w/o Card. Taught by Flo Cadwell.
Begins **Mon., Dec. 4** from **9:00-10:30**.
- o **STABILITY EXERCISE W/BALL** - Utilize exercise ball to strengthen core as well as improve posture and flexibility. **Class is sponsored by the J.B. and Maurice Shapiro Foundation from Suburban Hospital.** Registration fee: \$5.00. Exercise Balls are available for purchase through the instructor for \$10.00. Taught by Matthew Rundell. Begins **Mon., Jan. 8** from **9:00-10:00**. 8 sessions.
- o **STRONG BACKS/HEALTHY BACKS** – Learn how to enhance back health in this 45-minute class by focusing on better posture, strengthening and stretching the back muscles, and by strengthening the supporting abdominal muscles. Establish good habits when it comes to sitting, lifting, carrying objects and while performing your daily activities. Majority of exercises will be done while standing and sitting. Some mat work will be done. If you are unable to get down on the floor, modifications will be discussed and demonstrated. Bring your own mat to class. Fee for 13 sessions: \$30.00 w/HPSI Card, \$36.00 w/o. Taught by Joanne Zoladz. **Wednesdays**, begins **Jan. 10** from **12:30-1:15**.
- o **GENTLE YOGA CLASSES** - An easy-going yoga class for seniors. Gentle movements and postures will improve flexibility, balance and strength, and enable deeper relaxation and better sleep.
Fee: \$24.00 w/HPSI Card, \$28.00 w/o card for 8 sessions.
LEVEL I: Begins **Mon., Jan. 8** from **10:30-11:30**.
LEVEL II: Begins **Mon., Jan. 8** from **11:45-12:45**.
- o **YOGA AND MEDITATION** - Join us for a half hour of gentle stretching and relaxation techniques followed by a half hour of meditation. Learn specific methods of meditation that will take you inside yourself where you will learn to observe the mind and the breath and sit in silence. Chairs will be used for meditation practice. Bring blanket/shawl to class. Fee for 9 sessions: \$24.00 w/HPSI Card, \$28.00 w/o Card. Meets **Fri., Jan. 12** from **9:00-10:00**.
- **NO REGISTRATION REQUIRED**
- o **DROP-IN / FEE CLASSES:** Note: Please see instructor for exception dates.
 - **CHAIR EXERCISES:** Designed for beginners and those seeking a less strenuous exercise. Fee: \$1.00 per class. Purchase coupons in office. Taught by Shirley Lloyd. **Mondays** from **11:30-12:00**.
 - **CHAIRMASTER CHAIR EXERCISES:** These drop-in exercise classes are designed for those just beginning an exercise routine and/or those looking for an exercise class that is less strenuous than the aerobic type classes. Fee: \$1.00 for _-hour session - purchase coupons at the office. Taught by Joanne Zoladz. **Fridays** from **11:00-11:30**. Begins **Jan. 12**.
 - **EASY FIT DANCING** - A dance-style class designed to improve flexibility and balance. All routines can be done sitting or standing. Fee: \$1.00 per class - purchase coupons in office. Taught by Marcia Young. Start any time, space permitting. **Tuesdays** and **Thursdays** from **11:00-11:45**.
 - **INTERNATIONAL FOLK DANCING** - A repertoire of music and ethnic dances that will get you fit and at the same time, be fun. Taught by Sharon Katz, locally acclaimed folk-dance teacher and performer. Purchase \$2.00 coupons at the front desk. **Fridays** from **11:00-12:00**.
- o **DROP-IN / FREE CLASSES:** Note: Please see instructor for exception dates.
 - **TAI CHI** - Increase your body's awareness and improve your flexibility. Fun, easy & effective! Free.
Meets **Tuesdays & Fridays, 9:00-10:00, & Thursdays, 9:30-10:30**.
 - **TAI CHI** - The 18 movements of Tai Chi are explored and practiced in this session - incorporate breathing and movement. This will help your balance and create an aura of well being and good health. Taught by Billy Dizon. FREE. Space limited. Meets **Wednesdays** from **10:30-11:15**.

Continued on page 12

CLASS GROUPS - DECEMBER 2006

* New session begins * New (first time at Center)
 *** Sponsored by Holiday Park Seniors, Inc.

** Community Sponsored
 **** Dept. of Recreation Arts & Leisure Section Class

MONDAY

*Squares, Circles & Contra Lines, Sect. 1 .. 9-10:30 Pre-reg. req. Fee. Begins 12/4.***
 *Intermediate Bridge I 9:30-11:30 Pre-reg. req. Fee. Begins 12/18.***
 Realism in the American Word 10-11:30 Pre-reg. req. Fee. Meets 12/18.***
 *55 Alive 10-3 Pre-reg. req. Fee. Meets 12/11.**
 Gavel Club 10-11:30 Meets 1st and 3rd Monday.
 Behind the Headlines w/Frank 10-11:30 Meets 2nd & 4th Monday. Drop-in. Free.
 *Slimnastics 10:30-11:30 ... Pre-reg. req. Fee. Begins 12/11.***
 Yoga I 10:30-11:30 ... Pre-reg. req. Fee. Ends 12/4.***
 Ceramics Workshop, Sec. C 10-2 Pre-reg. req. Fee.***
 *Buy/Sell on EBAY 11-1 Pre-reg. req. Fee. Meets 12/11.***
 Chair Exercises 11:30-12:00 ... Drop-in. Fee.*** Buy \$1.00 tickets in office.
 Yoga II 11:45-12:45 ... Pre-reg. req. Fee. Ends 12/4.***
 *Play of the Hand 1-3 Pre-reg. req. Fee. Begins 12/18.***
 Pinochle Group 1-3:30 Everyone Welcome. Drop-in.

TUESDAY

Tai Chi 9-10 Drop-in. Free
 Plant Care Group 9-11:30 Visit & enjoy. ***
 Everybody Has a Story to Tell 9:45-11:45 Pre-reg. req. Fee. 12/12.***
 Walk & Talk w/Anna 10-11 Drop-in. Free. Meet in Lobby.
 Variety Dance 10-11 Pre-reg. req. Fee. Ends 12/5.****
 Tuesdays at Ten 10-12 Drop-in. Free. **
 Welcome to the Internet 10-12:30 Pre-reg. req. Fee. Ends 12/5.***
 ESOL, Beg. to Intermediate 10:15-11:45 ... Pre-reg. req. Fee. Ends 12/19.***
 Easy Fit Dancing 11-11:45 Drop-in. Fee.*** Buy \$1.00 tickets in office.
 Lung Exercise Group 11-12 Ongoing. Must reg. w/instructor.
 *Computers for Advanced Beginners 1-3 Pre-reg. req. Fee. Meets 12/12 & 12/19. ***

WEDNESDAY

Chess Club 9-12 Exercise the mind. Drop-in. Free.
 Basic Bridge I 9:30-11:30 Pre-reg. req. Fee.***
 *55 Alive 10-3 Pre-reg. req. Fee. Meets 12/13.**
 Energizing Exercise, Sect. 1 10-11 Pre-reg. req. Fee. Ends 12/6.***
 *Beginning Origami Workshop 10-12 Pre-reg. req. Fee. Meets 12/13.***
 RSVP Workshop 10-12 Make items for charities. Drop-in.
 Computer Lab-Open Hours 10-1 Drop-in. Fee: (Buy \$2.00 tickets at office.)
 Update Your Computer 10-1 Ongoing. Pre-reg. req. Fee. ***
 Ceramics Workshop, Sec. A 10-2 Reg. req. Fee. ***
 Tai Chi 18 Movements 10:30-11:15 ... Free. Drop-In.
 Bone Building 11:15-12:15 ... Pre-reg. req. Fee. Ends 12/6.***
 Strong Backs/Healthy Backs 12:30-1:15 Pre-reg. req. Fee. Ends 12/6.***
 Duplicate Bridge 12:45-3:30 Sign up 12 noon. Fee. ***

CLASS GROUPS - DECEMBER 2006

THURSDAY

Tai Chi Chuan	9:30-10:30	Drop-in. Free.
Play of the Hand	9:30-11:30	Pre-reg. req. Fee.***
Walk & Talk w/Anna.....	10-11	Drop-in. Free. Meet in Lobby.
Ceramics Workshop, Sec. B.....	10-2	Reg. req. Fee.***
Photography Club	10:15-11:30 ...	Drop-in. Free. 1st & 3rd Thursday.
ESOL, Beg. to Intermediate.....	10:15-11:45 ...	Pre-reg. req. Fee. Ends 12/21.***
Easy Fit Dancing	11-11:45	Drop-in. Fee. *** Buy \$1.00 tickets at the office.
*PACE (People w/Arthritis Can Exercise)	11-12	Pre-reg. req. Fee. Begins 12/7.***
*Buy/Sell on EBAY	11-1	Pre-reg. req. Fee. Meets 12/14.***
Pinochle Group.....	1-3:30	Everyone welcome. Drop-in.
Show Dance.....	2:30-3:30	Pre-reg. req. Fee. Ends 12/7.****
Latin Dance	2:30-3:30	Pre-reg. req. Fee. Ends 12/7.****

FRIDAY

Tai Chi	9-10	Drop-in. Free.
Yoga & Meditation.....	9-10	Pre-reg. req. Fee. Ends 12/8.***
Plant Care Group	9-11:30	Visit & enjoy. ***
*Your Computer, Your Way.....	10:00-12:00 ...	Pre-reg. req. Fee. Meets 12/15.***
Writing with Frank	10-11:30	Drop-in. Free.
Chess Club	10-12	Drop-in. Everyone welcome.
Easy as ABC, Advance II	10-11	Pre-reg. req. Fee. Meets 12/1-12/22.***
Bone Building.....	10-11	Pre-reg. req. Fee. Ends 12/8.***
Chair Exercises.....	11-11:30	Pre-reg. req. Fee. Ends 12/8.***
Easy as ABC, Beginner.....	11-12	Pre-reg. req. Fee. Meets 12/1-12/22.***
International Folk Dancing	11-12	Drop-in. Fee. *** Buy \$2.00 tickets in office.
Energizing Exercise, Sect.2.....	11:30-12:30 ...	Pre-reg. req. Fee. Ends 12/8.***
Woodcarving	1-3	All levels welcome. Drop-in.
Pinochle Group.....	1-3:30	Everyone welcome. Drop-in.
Pairs Party Bridge.....	1-3:30	Sign-up begins at 12:45. Drop-in.

WHO'S WHO AT HOLIDAY PARK

Below is a listing of the Montgomery County Recreation Department Staff and members of the Holiday Park Seniors, Inc. (HPSI) Advisory Board

- ☺ MCRD Holiday Park Center & Program Director - Carol Fuentevilla
- ☺ MCRD Holiday Park Facility Special Programs & Marketing Support - Helen Abrahams
- ☺ MCRD Holiday Park Facility & Class Coordinator - Sean Robbins
- ☺ Volunteer Coordinator - Beth Layton
- ☺ Building Service Work – Neftalí Diaz
- ☺ Spanish Language Programs (Thursday) - Jo Feliciano
- ☺ Nutrition Site Manager - Helen Horton
- ☺ Recreation Assistants - Jean Caffes, Betsy Graft, Mary Miller
- ☺ Computer Office Support - Paul Gilstrap
- ☺ HPSI: ↑ Admin. Officer - Judy Houseknecht



↑ Advisory Board Members: Merle Biggin, Stanley Cohen, Estelle Eisenberg, Barbara Fleischer, Gerry Jones, Betty Jordan & Catherine Kostakos

CLASSES – DECEMBER 2006 / JANUARY 2007, continued from p. 9

- Y **WALK & TALK** - Tuesdays & Thursdays from 10:00-11:00. Heartwell nurse Anna Stokes, Suburban Hospital, leads an easy walk around the neighborhood (weather permitting). Meet in the lobby. FREE.

COMPUTER EDUCATION

COMPUTER SKILLS



COMPUTER LAB practice sessions and computer support with Bruce Longyear are available on Wednesdays from 10:00 a.m. to 1:00 p.m. Purchase \$2.00 tickets at the front counter.

- o **COMPUTER BASICS** - For those who have not yet had an opportunity to become familiar with computers, but who feel they are missing out on a very popular aspect of our modern culture. Beginners will feel perfectly comfortable in this class. All will have fun while we learn together. We will avoid the use of technical jargon and discuss everything in common English. Questions will be encouraged, no matter how basic. Fee for two 2-hour classes: \$19.00 w/HPSI Card, \$22.00 w/o Card. Taught by Roland Davis.
Meets **Tues., Jan. 16 & 23** from 1:00-3:00.
- o **COMPUTERS FOR ADVANCED BEGINNERS** - This course is for those who feel that they are fast learners or have some experience with the mouse and computer keyboard, but need to refresh their knowledge. Fee for two 2-hour classes: \$19.00 w/HPSI Card, \$22.00 w/o Card. Taught by Roland Davis.
Meets **Tues., Dec. 12 & 19**, from 1:00-3:00.
- o **SAVING "STUFF" ON YOUR COMPUTER - WHERE IS IT?** - You've downloaded a picture, file or document and can't find it on your computer. Sound familiar? If so, this 2-hour class is for you. Fee for 2 classes: \$15.00 w/HPSI Card, \$18.00 w/o Card. Taught by Bruce Longyear.
Meets **Tues. Jan. 9 & Fri., Jan. 12** from 11:00-1:00.
- o **UPDATE YOUR COMPUTER** - Is your computer slow? Does it freeze and seem to have a mind of its own? Bring in your computer box/tower and have the operating system updated via Microsoft Windows Update website. If you have antivirus software it will be updated, too. This is a must for dial-up users and anyone whose computer has never been updated. Computer must be dropped off by 10:30 a.m. and left at Holiday Park until 3 p.m. Instructor: Bruce Longyear. Tickets: \$12.00. Meets **Wednesdays** at 10:00.
- o **YOUR COMPUTER, YOUR WAY – FOR BEGINNERS** - Learn how to customize your home computer so it can better serve your individual needs and tastes. Class will guide you on how to personalize your desktop, create shortcuts, manage and organize files and folders, customize program tool bars and more. If you can use the mouse and type with 2 fingers, you will be fine. No other technical knowledge or skills needed. One 2-hour session. Instructor: Henry Cohn. Fee: \$4.00 w/HPSI Card, \$5.00 w/o Card.
Meets **Fri., Dec. 15** from 10:00-12:00.
- **INTERNET/EMAIL:**
 - o **BUY/SELL ON EBAY** - Learn how to use the popular on-line market place. Fee for two 2-hour sessions: \$15.00 w/HPSI Card, \$18.00 w/o card. Taught by Bruce Longyear.
Meets **Mon., Dec. 11 & Thurs., Dec. 14** from 11:00-1:00.
 - o **WELCOME TO THE INTERNET** - For those who have had some training and/or experience with the computer (use of the mouse and familiarity with Windows) and now want to expand their experience using the Internet. Fee for two 2-hour sessions: \$22.00 w/HPSI Card, \$26.00 w/o Card. Taught by Harry Bennett.
Meets **Tues., Jan. 23 & 30** from 10:00-12:30.

ARTS, LANGUAGE & SPECIAL INTEREST

- **BEGINNER ORIGAMI WORKSHOP** - Wei-Foung Elsammak will teach some delightful seasonal and holiday origami projects using colorful and different shaped papers. Everyone will go home with at least 3 ornaments such as boxes, birds and snowflakes. Fee for one 2-hour session: \$6.00 w/HPSI Card, \$7.00 w/o Card.
Meets **Wed., Dec. 13** from 10:00-12:00.

CLASSES – DECEMBER 2006 / JANUARY 2007

- **CHINESE BRUSH PAINTING** - Learn this beautiful and ancient art form. Fee for 10 sessions: \$100.00 w/HPSI Card, \$120.00 w/o Card. Taught by Helene McCarthy.
Begins **Tues., Jan. 9** from **10:00-12:00**.
- **CERAMICS WORKSHOPS** - Held on **Mon., Wed. and Thurs.** from **10:00-2:00**. No instructor but experienced participants assist newcomers. Space limited. See the workshop coordinator. Participants buy their own greenware.
 - Section A** - Begins **Wed., Jan. 10**. 8 wks. \$8.00 w/HPSI Card, \$9.00 w/o Card.
 - Section B** - Begins **Thurs., Jan. 11**. 8 wks. \$8.00 w/HPSI Card, \$9.00 w/o Card.
 - Section C** - Begins **Mon., Jan. 8**. 6 wks. \$6.00 w/HPSI Card, \$7.00 w/o Card.
- **EVERYBODY HAS A STORY TO TELL** - Elizabeth Henley, NYU Professor & Writer & Story Coach, will inspire participants to *Telling Your Personal Story*. Includes “notes” book, lots of prompts and in-class fun. Fee for 6-session workshop: \$24 w/HPSI Card, \$28 w/o Card.
Begins **Tuesday, Jan. 10** from **9:45 - 11:45 a.m.**
- **ADVANCED ESOL** - For those who have basic English skills. Drop-in. Taught by Flo Orbach. FREE.
Mondays from **2:00-3:00**. New session begins **Jan. 8**.
- **ESOL (English for Speakers of Other Languages)** - Beginner to intermediate level. Ongoing class – see instructor. Materials fee: \$5.00. Meets **Tuesdays & Thursdays** through **Dec. 21** from **10:15-11:45**. New session begins **Tues., Jan. 9**.
- **SPANISH, Beginners** - Basic conversational Spanish - 10 weeks. Taught by Jo Feliciano. Fee: \$22.00 w/HPSI Card, \$25.00 w/o Card (includes materials). Begins **Tues., Jan. 9** from **1:30-2:30 p.m.**
SPANISH, Intermediate – A continuation of class taught during Fall 2006. Instructor: Flo Orbach. Fee for 10-week class: \$18.00 w/HPSI Card, \$21.00 w/o Card. Begins **Thurs., Jan. 11** from **1:00-2:30 p.m.**
- **WATERCOLOR REVISITED** - Learn how to enhance your work using dramatic light and shadow, different compositional vantage points, intense transparent colors, and experiment with other mediums in combination with your watercolors. Bring your own supplies to the first class. This class is NOT for beginners. Fee for 14 sessions: \$94.00 w/HPSI Card, \$113.00 w/o Card. Taught by Geri Smith.
 - Section A** - Begins **Tues., Jan. 16** from **9:30-12:00**. 14 weeks.
 - Section B** - Begins **Thurs., Jan. 18** from **9:30-12:00**. 14 weeks.

BRIDGE CLASSES - To indicated interest, sign up at the front desk by Dec. 15. Present students have priority and classes are limited. Accepted students will be notified by phone. Fee for 10 sessions: \$40:00 w/HPSI Card, \$48.00 w/o Card. Taught by Sunny Levin.

- **BASIC BRIDGE II** – Pre requisite: completion of Basic Bridge I. Includes overcalls, doubles, slam bidding, etc. Introducing a ‘bridge game for two.’ Starts **Wed., Jan. 10** from **9:30-11:30**.
- **INTERMEDIATE I** - Pre-requisite: Basic Bridge I & II. Reinforcement of the fundamental bidding system. Starts **Mon., Dec. 18** from **9:30-11:30**.
- **PLAY OF THE HAND** - Pre-requisite: Intermediate Bridge I & II. Learning how to plan the play of a hand and make difficult contracts. Starts **Mon., Dec. 18** from **1:00-3:00**.
- **SUPERVISED PLAY** - Pre-requisite: completion of all 50 lessons given at Holiday Park. 'Freebie hands' with consultation as requested. Starts **Thurs., Jan. 11** from **9:30-11:30**.

ARTS & LEISURE CLASSES, DEPARTMENT OF RECREATION SPONSORED

The following class(es) will be held at Holiday Park. Pre-registration by mail required. The Summer “Guide to Recreation & Leisure Services” is available in the lobby. It contains course descriptions, fees, and registration forms. To register, mail the form with a check to the Recreation Dept. For information, please call 240-777-6870.

- **SHOW DANCE (Performing Group)** - with Frank Robson. Begins **Thurs., Jan. 11** from **2:30-3:30**.

COMMUNITY SPONSORED CLASSES

- **55 ALIVE** - Sponsored by AARP and provides a brush-up on existing driving skills. Two-day workshop.
Mon. & Wed., Dec. 11 & 13 from **10:00-3:00**.

ONGOING HOLIDAY PARK PROGRAMS

BEHIND THE HEADLINES WITH FRANK - This drop-in group meets the **2nd & 4th Monday** each month from **10:00-11:30 a.m.** to discuss a wide variety of newsworthy topics.

CARD GAMES:

- **DUPLICATE BRIDGE** - **Wednesdays from 12:45 - 3:30.** The fee is \$3.00 per person. Entries sold upstairs near Room 25 beginning at 12 noon. ACBL sanctioned.
- **PAIRS PARTY BRIDGE** - **Fridays. Sign-up at 12:45 a.m. Play ends at 3:30 p.m. .**
- **PINOCHLE GROUP** - Pinochle players meet on **Monday, Thursday and Friday** afternoons.

COMPUTER LAB - Every **Wednesday, 10 -1**, \$2.00 - purchase ticket at customer service desk. Lab coordinator, Bruce Longyear, is available to address your computer concerns.

GAVEL CLUB - Informal short talks about everyday topics & life experiences. **1st and 3rd Mondays, 10-11:30.**

MEDITATION - **Fridays from 1:15-2:30 p.m.** A free drop-in group with participants exchanging leadership.

PHOTO GROUP - **Meets Thursdays from 10:15-11:30.** Everyone welcome.

PING PONG - Holiday Park's one ping-pong table gets a lot of use by competitive players of every level. Room 28 is open most every day. Players are asked to limit table play to 20 minutes when people are waiting.

PLANT CARE GROUP - Household plants for purchase and lots of free plant advice.

RSVP WORKSHOP - **Wednesdays from 10-12.** This Retired Senior Volunteer Program group makes a variety of knitted and crocheted items for local hospitals, nursing homes, and children. For information, or to help, stop by the library. Yarn donations appreciated.

WOODCARVING - Meets **Fridays from 1-3.** Drop in. Instruction available. Free.

WRITING WITH FRANK - **Fridays from 10-11:30.** Drop in and listen or share your writings.

CENTER HEALTH & COUNSELING SERVICES

*** The programs/services listed below are all offered at Holiday Park unless noted otherwise.

ASK THE PHARMACIST - The pharmacist is here most **Fridays from 10-12** to answer prescription or over-the-counter medication questions. No appointment necessary.

BLOOD PRESSURE SCREENING - **Mon. 10-12, Wed. 10-12, & Fri. 10-12.**

COUNSELING SERVICE - Thursdays from 10:30 until 12:00. Montgomery County Seniors interested in speaking with a social worker regarding personal issues may drop in or make an appointment with Ginger Godshalk who is here on Call **240-777-4999** to schedule an appointment.

HEARING ASSISTED DEVICES CENTER

This program is sponsored by the Speech & Hearing Clinic of the University of Maryland. The next drop-in open houses will be **Tuesdays: Oct. 17, Nov. 21 and Dec. 12**, all from **10-noon**.

HEARING AIDS, TROUBLE-SHOOTING -

Audiologist Jane Kirksey will be here once a month to help you clean, adjust, and troubleshoot your hearing aid device & discuss any hearing aid related problems you may have. Free, but call 301-946-2434 to make an appointment.

HEARTWELL NURSE - is here on Mondays & Thursdays from 10-2 and Tuesdays & Wednesdays from 10-3 to discuss heart-related health concerns. Heartwell is sponsored by Suburban Hospital.

LUNG ASSOCIATION EXERCISE GROUP - **Tues. from 11-12.** Physician's permission required. For information call **301-384-9631**.

POSITIVE AGING PROJECT-

Tuesdays at TEN a.m., discussing older adults issues of family, health, staying connected and finding ways to meet new friends and build relationships.



SENIOR INFORMATION AND ASSISTANCE - For info. on County-wide services for seniors, call **240-777-3000**.

Appointments usually available here on Tues., Wed. & Thurs. Senior I&A case managers can provide information on housing, health services and transportation.

SENIOR HEALTH INSURANCE PROGRAM (SHIP)

Assists with health insurance claims, Prescription Drug Plans & issues & in selecting supplemental health insurance. Call **301-590-2819** for appt. A counselor is at Holiday Park on **Weds. from 10-12**. Drop-ins welcome if no one else scheduled.

WIDOWED PERSONS SUPPORT GROUPS - Groups for persons widowed within the last two years. Pre-registration required. Please call **301-949-7398** for more information.

COMMUNITY ORGANIZATIONS MEETING AT THE CENTER

AMC CANCER RESEARCH CENTER - Board meeting **Mon., December 4** from **12:00-3:00**.

General meeting **Mon., December 11** from **10:00-12:00**.

BATTZION HADASSAH - Next meeting **Mon., December 5** from **10:00-12:00**.

and **Tues., December 19** from **11:00-2:30**.

BIALIK HADASSAH - Meets **Mon., January 22** at **12:30**.

B'NAI BRITH, Wheaton Heritage Lodge - Board meeting **Tues., December 5** from **1:30-3:30**.

CHINESE AMERICAN SENIORS - Meets on the **2nd & 4th Tuesday** from **10:00-12:00**

w/Group Leaders Jean Moy & Patrina Tso.

GOLDEN FRIENDSHIP ASSOCIATION - Next meeting **Fri., December 1** from **12:00-3:00**.

IRANIAN SENIORS - Meets **Fridays** from **11:00-3:00**.

YIDDISH CULTURE GROUP -

Tues., December 12 from **12:00-2:30**.

Chanukah Celebration. Lite Lunch and Musical Entertainment
by the Alexandria Kleztet. Fee: \$10.00
Call Fanny Aisenberg for reservations **301-649-7472**.



For more info. on groups meeting here, leave your name and number at the front office.

COMMUNITY RESOURCES FOR SENIORS

ADVANCE DIRECTIVE FORMS -In the Office of the Attorney General, Phone **301-470-7534** or E-mail libr@mlis.stone.md.us. Download: www.oag.state.md.us/healthpol/index.htm.

ENERGY ASSISTANCE - With the spiraling costs of energy, if you or someone you know is having difficulty in paying an energy bill, a new Maryland program (the Electrical Universal Service Program) could provide much needed assistance. Call toll-free at 1-800-352-1446 or 1-800-925-4434 (TTY for hearing impaired) for an application or for more information.

PHARMACY ASSISTANCE - The State of Maryland provides pharmacy assistance to senior citizens based on yearly income and household size. For forms and info. call **1-800-492-1974**.

LEGAL SERVICES - are available free to seniors, age 60 and over. Legal Aid Bureau services include:

- * Medicare, Medicaid, Social Security
- * Evictions, Public Housing
- * Services for Homebound
- * Individual rights & other legal issues.

Call **301-560-2100** or **2101** on **Mon., Tues., Thurs. and Fri. between 2-4 p.m. only**. For assistance with wills call the Maryland Senior Legal Hotline at **1-800-999-8904** between **8:30 - 4:30** and ask for the low income 60 Plus Will Program.

MARYLAND RELAY SERVICE - Connects telephone conversations between people who can hear and those who are deaf or hard-of-hearing. For information call **1-800-735-2258**.

FINGER TIP GUIDE

Adult Education 301-929-2025
Aging and Disability Services 240-777-3000
Commission on Aging 240-777-1120
Dept. of Recreation Classes 240-777-6900
HHS Information Line 240-777-1245
Hol. Park Nutrition 240-777-4961
Marg. Schweinhaut Sr. Center 301-681-1255

Montg. Co. Information 240-777-1000
Nutrition 240-777-3810
Rockville Senior Center 240-314-8800
RSVP 240-777-2610
Sports, *Dept. of Recreation* 240-777-6870
M.C. Sr. Programs Ofc. 240-777-4925
SOAR 240-777-4926

Holiday Park Front Desk 240-777-4999

CENTER SERVICES & GENERAL INFORMATION

ACCESS CARDS - Montgomery County Department of Recreation requires Community Center participants to have picture ID's in order to register for MCRD programs and to provide statistical information. People attending activities or meetings at Holiday Park will need to scan their picture Access Card or sign in at our Customer Service Counter. To get this free photo ID, stop by the Holiday Park's Customer Service Counter to pick up a registration form. Most days, we can make your photo ID while you wait.

FINANCIAL ASSISTANCE POLICY - The Department of Recreation offers reduced Recreation fees for lower income residents. If you require financial assistance, see one of the staff.

CAMPBELL'S SOUP LABELS - are being collected for the VFW National Home, an orphanage for the children of deceased veterans. Please bring your labels to the Customer Service Counter.

EYE GLASSES & HEARING AIDS WANTED - These items are collected for organizations which recycle them to people who can't afford them. Please leave in box in lobby area.

FILE OF LIFE - is a program that provides medical information to emergency/rescue personnel in an emergency. File of Life contains emergency medical information attached to a magnet on the front of your refrigerator. These magnets are easily visible and may save rescue personnel valuable time in an emergency. Files are available at the Customer Service Counter.

GAMBLING PROHIBITED - Please remember that gambling is prohibited anywhere in the Holiday Park Senior Center. No exceptions. Thank you for abiding by this county law.

GIFT SHOP HOURS - Visit Holiday Park's Gift Shop for some "retail therapy". You'll find jewelry, collectables, seasonal items and toys for grandchildren, and ever so much more... The Gift Shop accepts consignments on **Wednesday mornings only, except for jewelry - Tuesday mornings only (10 item limit)**. Gift Shop hours are Mondays thru Fridays, 9:30 a.m. to 1 p.m.

HOLIDAY PARK HI-LITES - To have the newsletter mailed to you, leave a stamped (87 cents), self-addressed long envelope at the office.

HPSI MEMBERSHIP - Holiday Park Seniors, Inc. Special Membership Card allows you to receive reduced rates for all classes and programs as well as entrée to special Holiday Park events. Along with those benefits, the \$15.00 membership card helps to support this flagship senior center. Apply at our Customer Service Counter.



LOAN CLOSET OF MEDICAL EQUIPMENT - Wheelchairs, walkers & other medical equipment usually available for short term loan (**max. of 3 months**).

Call **240-777-4999**. Fee \$5 for most items. Wheelchairs: \$10 a month & refundable \$50 (check) deposit.

MOBILE POST OFFICE - The Mobile Post Office hours are **Tuesdays from 10:30 a.m.-12:30 p.m.**

Take a peek at our new U.S. Postal Service Mobile Service Center.

NOTARY SERVICES - By appointment only, Therapeutic Recreation Office, Fee \$1.
Call **240-777-4992**. Ask for Phil Smakula.

OPERATING HOURS - Holiday Park is open **Monday - Friday from 9 am - 4 pm. Doors open at 8:45 a.m..**

PROGRAMS & SERVICES - Those that are not directly sponsored by Montgomery County are not endorsed by the Montgomery County Government. Notices are provided solely for your information.

HPSI SCHOLARSHIPS AVAILABLE - HPSI offers scholarships of \$200.00 per year. Scholarships can be used for any class or program sponsored by HPSI. Scholarships are available for those whose income is less than \$19,140.00 per year for one person and \$25,660.00 for a family of two. See staff for an application.

SENIORS WITH DISABILITIES are encouraged to participate in senior programs. Montgomery County is committed to complying with Americans with Disabilities Act (ADA). If you need auxiliary aids, services or program assistance in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity. Contact the Mainstream Facilitator at 301-468-4540,

TTY 240-777-6974.

SPANISH LANGUAGE PROGRAM FLYER - Ask at the Customer Service Counter for a Spanish language program newsletter.












SENIOR NUTRITION / LUNCH NEWS

The Montgomery County Senior Nutrition Program

Melanie R. Polk, MMSc, RD, FADA, Nutritionist

Holiday Park Center Kitchen Manager Mary Dowling & Lunch Site Manager Helen Horton



- Lunch and bus **reservations MUST** be made at least two working days in advance. **Cancellations** may be made directly with the Site Manager (no later than 2 p.m. the day before), or you may call          **ONLY Monday thru Friday.**
- Cost of the meal is **\$4.83**. For persons age 60 and over and spouse of any age, a voluntary contribution is requested. Contributions are used to purchase more meals. Please contribute as much as possible.
- There is no saving of tables or chairs. Personal items placed on tables/chairs prior to 11:00 am will be removed.
- Milk, coffee or tea is served with every meal (1% fat or skim milk is available). Each meal provides 1/3 of nutrients needed every day and are made with minimal fat or salt; gravies are fat-free, soups made from scratch. Fruit is available in place of rich desserts.



DECEMBER 2006 MENU

Lunch is served Mon. - Fri. at 12 noon



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Holiday Park will be closed Mon., Dec. 25 for Christmas and the first week in January 2007 (Mon. 1 thru Fri. 5) for maintenance,				1-BBQ Chicken
4-Broccoli Soup Turkey a la King	5-Cheese Ravioli	6-Creole Chicken	7-Honey-Mustard Chicken	8-Salmon Patty
11-Chicken-Tomato Bake w/Rotini	12-Minestrone Soup Meat Loaf/Gravy	13-Baked Scrod	14-Roast Beef	15-Herb-Baked Chicken
18- Lentil Stew	19-Tuna Salad	 20-Holiday Meal Roast Turkey, etc.	21-Tomato Soup Hamburger on Bun	22- Chicken Cacciatore
 25-Closed <i>Christmas Day</i>	26-Three Bean Chili/Rice	27- Beef Tips	28- Tuna-Tomato- Pasta-Broccoli	29-Navy-Bean Soup OpenFace TurkSand

NUTRITION NOTES - COLD WEATHER WARM-UPS

Soups and Stews can offer the perfect lunch or dinner, especially around the Holidays. They are quick to cook, easy to freeze and can be "comfort food" with a powerhouse of nutrients and health protection.

To prepare a simple stew or soup "from scratch", use lean meat, a large variety of vegetables, rinsed canned beans and omit all or most of the salt from your favorite recipe.

To "make your own" based on a can of low-salt broth or soup, add a package of frozen mixed vegetables, some cooked or canned and rinsed beans (such as kidney, black, pinto, or garbanzo). Add some left over chicken or turkey, cut into cubes. And don't forget to add your favorite seasonings such as basil, oregano, marjoram, cumin, or lemon juice.

Individual servings of soup or stew can be a healthy, delicious and warming meal when eaten with a green salad and some crusty whole grain bread! And it's even tastier because you created it yourself!

If the Weather Outside is Frightful...INCLEMENT WEATHER POLICY

- If County schools are **CLOSED** – all classes, programs & meetings **WILL BE CANCELLED** (including the lunch program). The Center will open if at all possible. Please **CALL** before you venture out!
- When the County schools **CLOSE EARLY** – all Center evening classes & programs are cancelled and the Center may **CLOSE EARLY**.
- If Montgomery County schools have a **DELAYED OPENING** – all Center classes scheduled to begin at 10 a.m. or later may be held as usual & lunch will be served

4. Holiday Park's main number will soon be changed to 240-777-4999. We hope to use this to post Center announcements.

Upcoming... January 2007 Lectures, Learning Things Light



Programs begin at **1:15 p.m.** unless otherwise noted.

* A fee and/or **pre-registration is associated with this program.

<u>NEW YEAR'S DAY</u> - Holiday, Center Closed	Monday, January 1
<u>CENTER CLOSED</u> - Maintenance and Cleaning.....	Tuesday, January 2 – Friday, January 5
<u>DOLLY & RAY WELCOME IN 2007</u> - Singer Dolly Bennof and pianist Ray Greene.....	Mon., Jan. 8
Holiday Park is back in business with this popular duo performing music old and new. FREE.	
<u>DEMOCRACY VERSES LIBERTY</u> - A think tank reading and discussion program.....	Tues., Jan. 9
The question raised is: Is it dangerous to equate democracy with liberty? The reading is from an August 2006 article, "Ideas On Liberty" from <i>The Freeman</i> . Readings are available at registration beginning December 18. Gerald Schneider, Ph.D. will be the facilitator.	
<u>A LITTLE POETRY AND JAZZ with SAIDA WATSON</u> - FREE.	Wed., Jan. 10
This creative local club performer brings us a little new-age and traditional jazz music standards.	
<u>GLOBAL WARMING ARGUMENTS STILL</u> - Climatologist & meteorologist Tim Eichler, Ph.D.....	Thurs., Jan. 11
Dr. Eichler, a Physical Scientist at the U.S. National Oceanic and Atmospheric Administration (NOAA), will talk about the still existing debate about global warming and the role of mankind.	
<u>DANCE CLUB FRIDAY</u> - Music by Mike Surratt. FEE: \$4.00 at the door, \$3.00 w/ HPSI card....	Fri., Jan. 12
<u>BINGO</u> - FEE: \$1.00 for two cards. Winners choose from foods and paper goods for the home	Fri., Jan. 12
<u>MARTIN LUTHER KING, JR. DAY</u> - Holiday, Center Closed	Mon., Jan. 15
<u>RHODE ISLAND & CONNECTICUT</u> - Two travelogues from the Discoveries America series...	Tues., Jan. 16
<u>MONET: THE SUPREME IMPRESSIONIST</u> - Presented by Art Historian Joan Hart.....	Wed., Jan. 17
<u>PAVAROTTI: HIS LIFE AND MUSIC</u> - <i>Opera with Irv Nurik</i>	Thurs., Jan. 18
<u>SINGER/GUITARIST STEVE GELLMAN</u> - FEE: 1.00 at the door, FREE w/ HPSI card	Fri., Jan. 19
<u>THE 1920'S: STORIES of THE PEOPLE and THE MUSIC</u> - Presented by Irv Chamberlain	Mon., Jan. 22
<u>OUR AGING EYES</u> - Dr. Michael Grodin	Tues., Jan. 23
Cosponsored by Suburban Hospital & the Prevention of Blindness Society of Greater Washington, Dr. Grodin will talk about the latest advances in eye care associated with those diseases and conditions most affecting older adults.	
<u>MUSIC BY THE NITE & DAY BAND</u> - FEE: \$1.00 at the door, FREE w/ HPSI card.	Wed., Jan. 24
<u>TUSCANY</u> - A Travelogue by Roger Langsdorf	Thurs., Jan. 25
<u>DANCE CLUB FRIDAY</u> - Music by the John Brown Band. FEE: \$4.00 at the door.	Fri., Jan. 26
<u>THE 1920'S: STORIES of THE PEOPLE and THE MUSIC</u> - Part 2 by Irv Chamberlain	Mon., Jan. 29
<u>THANK YOU FOR SMOKING</u> - A <i>Movies with Messages</i> program. Gerald Schneider, Ph.D.....	Tues., Jan. 30
<u>SINGER/PIANIST FRANK PLUMER</u> - FEE: \$1.00 at the door, FREE w/ HPSI card.	Wed., Jan. 31

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